SUPERSTITIONLIVING

MARCH 2025

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Sponsored by Lori Blank & Associates, llc
to Benefit The Superstition Community Food Bank.

We will shred ALL documents on site and ONLY Require a Donation (Cash & Food) for the Food Bank!

6140 S Kings Ranch Road, In the Lori Blank Parking lot

Lori Blank & Associates, L.L.C.

OUR 2025 STATS — OFF TO AN AMAZING START!

46 HOMES SOLD & OVER 24 MILLION DOLLARS SALES VOLUME!

PERALTA CANYON!
2,460 SF / 4 BD / 3 BTH
SPECTACULAR Superstition Mountain Views! 2022 Built Next Gen Design Features Open Floor Plan, Upgraded New Build Package & Incredible Outdoor Spaces!
$699,000
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BASELINE AREA!
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SUPERSTITION MOUNTAIN!
4,129 SF / 4 BD / 4.5 BTH
Breathtaking Fully Remodeled Custom Home w/Sweeping Golf Course, City Light & Mountain Views Encompasses True Luxury & Meticulous Attention To Every Detail!
$2,045,000
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MESA DEL ORO!
3,893 SF / 3 BD / 3 BTH
Incredible Equestrian Retreat On 3.34 Acres Offers Main House, Guest House, 5 Stall Wifi Smart Horse Barn w/Washing Station & Plenty Of Corral Space! Loaded w/Too Many Extras To List!
$1,800,000
Call Ronelle 480-326-7849 & Zach 480-440-4213

GOLD CANYON EAST!
2,998 SF / 4 BD / 2.5 BTH
Stunning Custom Home w/Breathtaking Mountain Vistas & Resort Style Backyard! Hillside Location Features Upgrades & Custom Touches Around Every Corner - An Entertainer's Dream!
$1,005,000
Call Sergio 602-617-3540

MESA DEL ORO!
2,502 SF / 3 BD / 3 BTH
Spectacular Home On 1 Acre w/4 Car Garage PLUS Bonus Room! Newer HVAC AND Roof Coating, Newer Paint AND Patio And Barely Used Swim Spa!
$800,000
Call Cindy 480-202-0798

APACHE JUNCTION!
3,120 SF / 4 BD / 3 BTH
Unique 2.5 Acre Compound @ The Base Of The Superstition Mountains Features 3 Single Family Homes w/Updated Kitchens, Baths, Flooring & Paint! Perfect For Private Family Retreat Or Fantastic Investment Opportunity!
$969,000
Call Lisa 480-437-4379

CLOUDVIEW AREA!
2,800 SF / 3 BD / 2 BTH
Remodeled Custom Home On 2.5 ACRES Features Gourmet Kitchen Inside, Gorgeous Master Suite AND SPECTACULAR Upgraded Backyard w/Outdoor Kitchen, Gazebo & Firepit!
$1,400,000
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ON THE COVER

Photo by Courtny Howard

SUPERSTITIONLIVING

Celebrating the joy of living in the foothills of the majestic Superstition Mountains.

MARCH 2025 ❯VOL 9 - №3

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MARCH 2025

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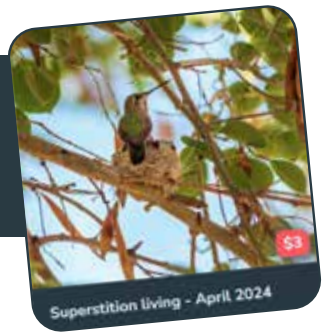

You can read them all online at issuu.com/SuperstitionLiving

This magazine is paid for by Local advertisers and is free to pick up from the Apache Junction Chamber of Commerce, and the Gold Canyon Visitor Center, as well as, other businesses around the area.

This Publication would not be here if it wasnt for the support of our Local Businesses, Thank you!

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words, and Calendar events to 100 words. You may submit Articles and Events to editor@mansurdesign.com or at the upload form on SuperstitionLiving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

This is not a platform for complaints or political agenda.

Opinions expressed in editorial or advertisements do not necessarily represent the view or opinion of Mansur Design Co.

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DEADLINES

All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

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Apache Junction, AZ 85178

#1 Real Estate Team Gold Canyon

Robin Rotella Team

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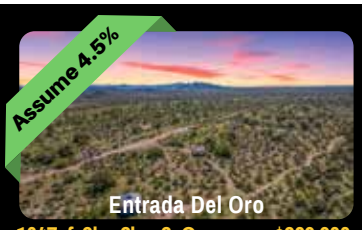

1647sf, 3br, 2ba, 2cGar **$389,900**
3 Year New Home with Open Floor Plan, Large Kitchen & Island, Huge Pantry + Big Private Backyard! *Assumable Mortgage!

1400sf, 2br, Den, 2ba, 2cGar **$425,000**
Turn-key w/ a Deep 6ft Extended Garage, New Appl, New Exterior Paint & More on a Mtn View Lot & close to Amenities too!

1475sf, 2br, Den, 2ba, 2cGar **$489,900**
Tastefully Furnished & Updated! WOW! New HVAC, Anderson Windows, 2 Paver Patios, All Tile, Shutters, Granite & More!

1923sf, 2br, 2.5ba, 2.5cGar **$500,000**
Dual Owner Suites, Fully Furnished, Many Updates including NEW HVAC, Large Expanded Patios & Superstition Mtn Views!

TWO 3br, 2ba Units w/ Dens **$550,000**
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Robin Rotella Team 2024 Stats

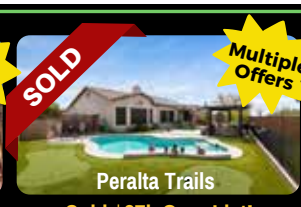
- Closed 61 Sales totaling $28.4 million in Volume ~ achieved with only 2 Agents!
- We Net Our Clients More $$$ by selling our listings higher ~ averaging 100% of list price!
- We Minimize Inconvenience by selling our listings faster ~ averaging 31 days on market!
- Area Specialists we know this market ~ 90% of our sales are in Gold Canyon!

Our TEAM structure provides benefits unmatched by any other independent local agent or brokerage!

Sold in 10 days!
Closed 2/19 ~ Our Seller

Negotiated $20k Off List!
Closed 2/25 ~ Our Buyer

Sold at 98% of List Price!
Closed 2/25 ~ Our Seller



Sold $37k Over List!
Closing 4/30 ~ Our Seller

Sold at List Price!
Closing 6/16 ~ Our Seller

FEBRUARY Market Stats TO DATE ~ As of 2/21/25*

Gold Canyon ~ Under $500,000

Active, Single Family Homes... 102
Average Days on Market... 97
Under Contract... 30
Average Days on Market... 72

Gold Canyon ~ Over $500,000

Active, Single Family Homes... 120
Average Days on Market... 118
Under Contract... 26
Average Days on Market... 79

*Source: ARMLS

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03.25

LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Saturday, March 1st, from 9am to 2 pm. Pet Appreciation Event | Join us for our annual Pet Appreciation Event at Superstition Foothills Baptist Church 6320 S Kings Ranch Rd, Gold Canyon. This free community event promotes the love and care of our beloved pets. Come adopt a new pet, participate in pet contests and games and just show off your best buddy while you enjoy the day amid happy and cuddly furry friends. Vendors will provide crafts and fun items for sale, and food will be available! Pet adoptions from the Pinal County Animal Care and Control, and a demonstration of the Pinal County drug sniffing canines will also be a part of this event! Gold Canyon Pet Services will be a co-sponsor. *Vendors: please contact Terrilyn at 602-430-1626 to arrange a free spot for your booth.*

Wednesday, March 5, from 8am - 9:30am Coffee with a Cop at Coffee Corner | Join us, No agendas or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your community!

Wednesday, March 5, from 4:30 pm - 6:30pm Boba With Badges with AJPD | Join the Apache Junction Police Department and Cadets for some boba at Boba Shack to raise money for the AJPD Cadet Program! 20% of every order goes to the AJPD Cadets! *Boba Shack, 183 W Apache Trail #10.*

Friday, March 7th at 9:30am Budwiser Clydesdales at the Mesa Market Place | They're Back!! Join us for another amazing event at Mesa Market Place! We will once again have the Budweiser Clydesdales here at Mesa Market Place! They will get here around 9:30am and begin their route along the Market around 10:30-11:00am (all times subject to change). Be sure to come out and visit us and see the Budweiser Clydesdales up close and personal! *Mesa Market place is located at 10550 E Baseline Rd in Mesa.*

CONTINUED ON PAGE 7

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at www.btarboretum.org/event or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

Terri King
Realtor®
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NEW!
7307 E TEXAS EBONY DR, MOUNTAINBROOK VILLAGE
Private Backyard Retreat & Custom Courtyard with Mountain Views! Open Floorplan, 3 bedrooms + Den, Welcome Home!

VIEWS!
10109 E TRAILHEAD COURT, PERALTA TRAILS
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12702 CRYSTAL FOREST, PERALTA CANYON
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I (we) wish to become member(s) of A.D.O.B.E.:
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NAME(S)_____ DATE:_____
ADDRESS_____ PHONE_____
CITY_____ STATE_____ ZIP:_____
EMAIL_____ (For ADOBE Meetings & News Updates)

MAIL APPLICATION TO: ADOBE 6499 S. Kings Ranch Rd. STE 6, Gold Canyon, AZ 85118 Email: *adobegoldcanyon@gmail.com*

A.D.O.B.E. NEWS
GLENNWALP
A.D.O.B.E PRESIDENT

Greetings to All ADOBE Members and Friends

Throughout the summer of 2024 and into the winter of 2025, the Gold Canyon Chamber of Commerce, in collaboration with ADOBE, has engaged in multiple discussions and correspondence with the Arizona Department of Transportation (ADOT) regarding the traffic concerns associated with the Renaissance event. ADOT, alongside ADOBE and the Chamber, is actively working to develop strategies aimed at mitigating the traffic congestion experienced by residents.

It is essential to note that absent the construction of a bypass-similar to the bypass initially proposed at the turn of the century-options for alleviating this congestion are limited. Several potential solutions remain under consideration, including implementing shuttle services for Renaissance attendees from parking areas west of Gold Canyon, a strategy successfully employed during the LPGA event. Other considerations include the addition of a second eastbound turn lane into the Renaissance parking lot and expanding the Renaissance parking facility itself. These proposed solutions are logistically feasible, and the Chamber, in partnership with ADOBE, will continue its collaborative efforts with ADOT to explore other viable approaches. We remain hopeful that new strategies will emerge through ongoing dialogue and cooperation to address this growing traffic concern.

In related traffic developments, the new Mustang gas station will fund the construction of a second eastbound turn lane from Route 60 onto Kings Ranch Road. Additionally, plans are underway for another gas station to be constructed just east of the Gold Canyon car wash, which will fund a second eastbound turn lane from Route 60 onto Mountainbrook Drive. ADOT further anticipates that the owner of the Renaissance Fair will finance the construction of a second eastbound turn lane onto Superstition Mountain Drive in 2026, followed by a second eastbound turn lane onto Peralta Road in 2027.

ADOBE is pleased to announce that the General Manager from Resolution Copper will be the featured speaker at our upcoming ADOBE Community Meeting on March 20, 2025. This meeting will be held at the Gold Canyon Best Western Hotel, with a social hour beginning at 6:15p.m. and the meeting commencing at 7:00p.m. The General Manager will provide an update on the current status of mine activities. Should the mine receive approval, the development process will span several years before production begins, with an anticipated operation timeline between 2030 and 2035. In the interim, significant activity around the mine site is expected, including increased traffic on Route 60 as preparations for copper production take shape.

We encourage you to attend the March meeting, where you will hear directly from the proverbial "horse's mouth" about what to expect in the years ahead as the mine moves toward full-scale operations.

A great deal of activity is unfolding in Gold Canyon, and ADOBE is committed to keeping you informed as developments progress. We envision that Gold Canyon will experience increased rapid growth and transformation in the coming years, and ADOBE is dedicated to continuing our mission of ensuring a Better Environment for all as these progressions materialize.

Glenn A. Walp, PhD • ADOBE – "*The Voice and Heart of Gold Canyon since 1989*"

Glenn Walp
President
480-982-2316

Terri Klucar
Membership Chairperson
602-430-1626

Diana Walp
Treasurer
480-982-2316

Lisa Bradford
Secretary
480-238-0786

Rick Hardina
Vice President
480-529-1173

HELP US RESTORE THE SONORAN DESERT

NATURAL RESTORATIONS

Bush Fire Burn Scar
Cactus Replanting &
Invasives Removal

Saturday, March 15th from 8AM - 12PM
Four Peaks Main Staging Area
GPS Coordinates: 33.669724, -111.495693

Help us remove replant a section of the
2020 Bush Fire burn scar on the Tonto National Forest
with native desert cacti, including saguaros, & spread seed mix!

REGISTER FOR PARTICIPATION & EVENT DETAILS
VISIT NATURALRESTORATIONS.ORG CLICK ON EVENT CALENDAR

Friday, March 14th from 6:30pm to 8pm - Full Moon Hike at Lost Dutchman State Park | This beautiful program is designed to start with a famous Arizona sunset draping gracefully over the Superstition Mountains, and end under the light of the full moon. The 1.5 mile trail features some rocky, rough terrain but with little elevation gain. It is a ranger-guided hike focusing on the aesthetic, while offering opportunities to stop and interpret what you see on the trail. To reduce impact, ensure safety, and provide a more intimate, personalized experience, there will be a guest limit. Register online up to the day of the event for $10 per person (ages 10 and up welcome). No dogs please. Bring good shoes, water, and a small flashlight. Event is weather permitting. Meet in the Palo Verde Day Use area. Hikes take place on weekends closest to the full moon. *Register at: www.azstateparks.com. Lost Dutchman State Park is located at 6109 N Apache Trl in Apache Junction.*

Saturday, March 15, from 9am - 2pm, Month Family Market with Corgi & Dachshund Races @ Flatiron Park| Come on out and bring your corgis and dachshunds for a fun full day of races! Only a $5 Donation per dof for each heat that they run in. All Proceeds will go to the Barking Lot Dog Rescue. Races start at 11am. We will have prizes, dog adoptions, vendors, live music and food. *Flatiron Park, 100 w. Apache Trl, in Apache Junction.*

Arizona Renaissance Festival Themed Weekends, open 10am-6pm Rain or Shine — 12601 East US Highway 60, Gold Canyon

- March 1st and 2nd | Pirates Invasion and Brew Fest Weekend!
- March 8th and 9th | Artisan Appreciation, & Wizards and Wonder Weekend!
- March 15th and 16th | Celtic Weekend!
- March 22nd and 23rd | Viking Invasion Weekend!
- March 29th and 30th | Closing Weekend!

CONTINUED ON PAGE 8

Friday, March 21st
3rd Friday's
October - April

Live Music
Shopping
Food & Fun

Historic Main Street
Florence, Arizona
5pm - 8pm

March is...

By Marcia Nelson

...a mix of sunshine and clouds,
blue skies and rain,
Festivals and traffic.
Oh what a pain!

It's time to plant the garden,
a good time to take a hike.
It's a time for Spring cleaning.
But only if you like!

Now you'd better watch for snakes
waking from their winter sleep,
as well as lizards, toads and vermin
that hop and slither and creep!

It's the "cool before the heat",
so whatever this month brings,
it's the closest we'll ever come
to an Arizona Spring!

MARCH EVENTS AT AJ PUBLIC LIBRARY

1177 N Idaho Rd, Apache Junction,
http://www.ajpl.org/

Saturday, March 1, 2-4 p.m.—Medicare Seminar | This is an educational seminar about all parts of Medicare: A, B, C, and D. We will go over your rights and entitlements to Medicare, changes to be aware of, coverages, and how to make decisions and sign up for Medicare.

Monday, March 3, 10, 17, 24, 31 9 a.m.-1 p.m. — Open Art Group | For adults that want a place to paint or create for a couple of hours! Be sure to bring your own supplies!

Tuesday, March 4, 11, 18, 25, 9 a.m.-noon. AZ@Work Job Search Help | AZ@Work will be at the library to support patrons with their job search. From resumes to applications to cover letters.

Tuesday, March 4, 2:30-3:30 p.m. — Winter Lecture Series – The History Matters: Yours Too! | Reasons exist for why people do not look to history to address today's challenges. Yet actively engaging in historical thinking can reveal tools for solving problems faster and with greater success. Even as personal history can matter and the presentation is useful for those interests, this is not an introduction to genealogy class. The interactive, question-based presentation encourages attendees to share experiences that allow for new starting points for learning and reflection—and creating change.

Monday, March 5, 10 a.m. - noon — Murder Mystery Event: Murder at the Pizzeria | Put your detective skills to work and try to solve the mystery of the murder of Karl Ickbread, famous restaurant owner and celebrity chef! *Adults only.*

Thursday, March 6, 5-7 p.m. — Bookish Craft Night: Seed Paper | Join us to make seed paper, biodegradable paper that grows flowers when planted! Teens & adults welcome. *Registration Required*

Friday, March 7, 3-5 p.m. — Cricut Drop-In | Stop by to learn about the Library's Cricut machine, talk about your ideas, or get help with any issues. Drop in anytime between 3-5 on the first Friday of every month.

Wednesday, March 12, 1-2 p.m. — Genealogy Hour | Come spend time learning how to use Family Search and Ancestry.

Wednesday, March 12, 4 p.m. — Seed Up Meet Up | Help us fill our seed packets for the seed library, hear from Superstition Master Gardeners, ask questions about your home garden, & learn about Earth Heart Park and Community Garden! *Topic: Monarchs & Milkweed*

Thursday, March 13, 10 a.m. — Breathe Again: Learning to Live After Loss | Are you grieving a loss? Would you like a safe place to discuss your grief? A chance to meet new people and be with others who understand? Join us for a monthly bereavement group hosted by Barbara King, R.N., Executive Director of Supportive Hands Hospice. Free and open to adults.

Monday, March 13, 5-7 p.m. — Murder Mystery Event: Murder at the Pizzeria | Put your detective skills to work and try to solve the mystery of the murder of Karl Ickbread, famous restaurant owner and celebrity chef! *Adults only.* Please only register if you want to have a speaking part. Otherwise, feel free to come watch!

Monday, March 17, 1:30 – 3:30 p.m. Let's Quilt | Let's Quilt! provides a place for adults to quilt for a couple hours. Learn more about quilting or share your current project. Be sure to bring your own supplies and enjoy the company of other quilt enthusiasts!

Monday, March 17, 5-7 p.m. — Luck of the Library | See how lucky you are at our Family Fun Night! Lots of mini games, prizes, and fun!

Thursday, March 20, 5-7 p.m. — Really Useful Cricuting | Get ideas and inspiration for practical Cricut projects that can help you organize anything! Plus, make a multipurpose cleaner with a spray bottle you can label yourself!

Thursday, March 27, 5:30 p.m. — Dungeons & Dragons | Teens and adults are welcome to join in for our one shot dungeons and dragons campaigns for veteran players and new comers alike.

BOOK CLUBS—

Nonfiction Book Club — Tuesday, March 4, 1:30-2:30 p.m. | My Friend Anne Frank: The Inspiring And Heartbreaking True Story Of Best Friends Torn Apart And Reunited Against All Odds *by Hannah Pick-Goslar*

Dying For A Mystery Book Club –Tuesday, March 18, 1:30-2:30 p.m. | Winter's End *by Paige Shelton*

Classic Book Club – Tuesday, March 25, 1:30-2:30 p.m | The Wapshot Chronicle *by John Cheever*

UPCOMING EVENTS AT MOUNTAIN VIEW LUTHERAN CHURCH

Located at 2122 S Goldfield Rd, Apache Junction | 480-982-8266

March 2nd - Glenn Hendrickson Concert at 3 pm | Enjoy an afternoon with Glenn Henrickson as he presents his music talents as a pianist and entertainer. His repertoire includes classical, ragtime, blues and jazz, pop, rock, country and gospel.

March 7th, 14th, 21st, and 28th - Line Dancing at 3:00 pm in the Family Life Center. | Come and enjoy an afternoon of line dancing. If you are experienced, show off your skills or if you are new, learn the basic steps. We want you to show your dance movements on the dance floor. All are welcome.

March 11th - Golden Oldies Bingo - 1 thru 2:30 pm in the Family Life Center. | Enjoy an afternoon of playing bingo with other adults to the tunes of the golden oldies.

March 15th - Polka Service at 3 pm. Come and worship to polka music.

March 26th - MVLC Blood Drive - 9 am thru 2 pm. Please schedule an appointment online at Americanredcross.org or call 1-800-RED-CROSS.

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TOM MCDONALD
OWNER - SMILING DOG LANDSCAPES

ROCK SQUIRREL, SPERMOPHILUS VARIGATUS

One of the largest North American squirrels, our Rock Squirrel has a speckled grayish–brown coat, lighter in front than the rear, giving it a cape-like look. The bushy tail is as long as its body with white edging.

Named for their favorite habitat of rocky areas with low vegetation, these critters will also gladly burrow under your foundation or concrete slab.

Active during the early morning and evening, the rock squirrel forages for mesquite seed pods, insects, cactus fruit, and even hunts birds and their eggs.

During the heat of the day, they retreat to their extensive, complex burrow system. Squirrels in the northern part of their range will hibernate during the colder months, how-ever those in the south may actually estivate (summer hi-bernation) during the hottest periods.

Social animals, they can be found in colonies of several females and one dominant male, who has earned his right to lead by defeating other mature males.

My experiences with the rock squirrel have been 'rocky' to say the least. My first encounter was two weeks before my daughter was to be married on our property. An unmistak-able odor of decomposing rodent perfumed the master bath, soon to be the site of prewedding cosmetic activity. Upon further sniffing, it was determined the only course of action was to cut a hole in the dry wall and pull it out. The 'it' turned out to a dead rock squirrel which had evidently followed the plumbing pipes into the crawl space under the tub.

Since then, I have had to block these pesky, persistent critters from digging under my cool deck and house foun-dation, climbing on the roof, as well as the constant battle of keeping them from storing mesquite bean pods in our tool and parts bins. The attached photo of my Bar-B-Q shows two wheelbarrow loads of dirt that an enterprising squirrel excavated from his tunnel which ended under my grill. Too crafty to get caught in a normal rodent trap, we have had some success with electric traps and sonic chasers.

The rock squirrel has a unique and fearless way of dealing with snakes. Upon spying an approaching snake, the squirrel will stamp its feet while swishing its tail back and forth. If that strategy fails to deter the snake, the squirrel will push soil and sand into the snake's face! Would that we all had such courage in the face of adversity!

PET OF THE MONTH

Apache Junction Animal Control

By Alice Edwards, Senior Kennel Tech

Meet our March Pet of the Month, Marilyn. She's a sweet, gentle, older girl; this is her 2nd time at the shelter. The first time she came to us very matted and in need of a dental. We took care of the matting and Saving Paws Rehabilitation funded her dental and she was adopted out. Unfortunately, her new adopter had to move after having her for some time and surrendered her to the shelter. Again, she was matted and needed a dental, but Saving Paws Rehabilitation has come to her rescue again! She is now looking for her special someone who'll have the time to brush her and keep up with regular vet visits. Please come and meet her and see why we feel she is such a special girl.

If you'd like some more information on Marilyn or any of our other animals available for adoption you can visit the city website www.apachejunction.gov under the Pets section. Or, just come down and see who's waiting for you.

Apache Junction Animal Control; Open Tuesday - Saturday, 9am to 3pm, located at 725 E Baseline Ave, Apache Junction.

HOW DARK IS A DARK SKY COMMUNITY?

By Isabelle Petersen

Just how dark does it have to be on the ground at night to qualify as a dark sky community? For Gold Canyon, the answer is: not any darker than right now. We don't have to give up our lights needed for safety and outdoor enjoyment at night. Dark skies doesn't mean no lights at all. Rather than keeping the night environment pitch-black, dark sky communities practice responsible outdoor lighting by shielding their light sources and using warm-color, lower-lumen/watt light bulbs where light is needed.

Flagstaff was the first official dark sky community in Arizona. The town was certified by DarkSky International (darksky.org) in 2001 for its efforts to reduce outdoor light pollution while still keeping people safe. Looking at a photo of Flagstaff at night shows that the town has plenty of light. And you can still see the Milky Way! Again, dark skies doesn't mean no lights on the ground.

While 80% of the world's population cannot see the Milky Way anymore because of increasing light pollution in urban centers, we in Gold Canyon still can. Let's keep it that way!

Preserving the night sky is not just for stargazers. It's better for human health, wildlife, and desert ecosystems. All of us should be happy to know that Pinal County's new Draft Zoning Code fully supports dark skies.

Image Credit:Harun Mehmedinovic/SKYGLOW Project

HEALING NATURALLY

Dr. Tina Marcantel, Naturopathic Doctor
480-738-1647 | DrMarcantel.com
6589 S. Kings Ranch Road, Gold Canyon

REVERSING THE EFFECTS OF INSULIN RESISTANCE

In last month's column (February 2025—"What Is Insulin Resistance?") I talked about the causes and some of the effects of insulin resistance. Introducing large amounts of sugar into the bloodstream through sugary or processed foods triggers an overproduction of insulin that cause the body's cells to become insulin resistant over time, which means that the cells can no longer properly process the sugars they need for energy.

High levels of blood sugars (glucose) can eventually lead to type 2 diabetes, and can damage the vessels that supply blood to vital organs, which can increase the risk of heart disease and stroke, kidney disease, vision problems, and nerve problems.

Signs of Insulin Resistance

A group of symptoms that may indicate insulin resistance, sometimes called "metabolic syndrome," are:

- Fasting glucose of 100 mg/dL or higher
- A waistline of more than 35 inches for women and 40 inches for men
- Chronic fatigue or lack of energy
- Blood pressure of 130/85 mmHg or higher
- HDL cholesterol less than 40 mg/dL for men and 50 mg/dL for women
- Triglycerides of 150 mg/dL or higher

Your doctor may test for insulin resistance with a fasting insulin test, a fasting blood sugar test, and a hemoglobin A1C test that measures your average blood sugar level for the past 3 months. Your family medical history and risk factors like diet, obesity, smoking, and an inactive lifestyle are also important to consider.

What Can I Do to Prevent or Reverse Insulin Resistance?

The good news is that many, if not all, of the effects of insulin resistance are reversible! Here are some suggestions for getting on the road to better health and more energy:

Eat high fiber foods such as raw vegetables and fruits, beans, ground flax, and nuts to prevent blood sugar spikes and overproduction of insulin. That's because these foods take longer to digest and gradually release their sugars into the bloodstream. (This also helps prevent sugar cravings!)

Avoid refined (processed) foods. These foods have had most of the fiber stripped from them and release their sugar quickly and in large amounts, leading to a "sugar high" followed by a quick drop (hypoglycemia) that can leave you dizzy, tired, and anxious.

Manage the stress in your life. Stress releases the hormone cortisol, which can raise both blood sugars and insulin.

Engage in moderate exercise. Thirty minutes of walking or other light exercise 3-4 times a week.

Eat small, frequent meals and protein snacks (approximately every 3 hours) throughout the day instead of three large meals. This helps keep the blood sugars balanced.

There are specific natural herbs and supplements that can also be helpful in balancing blood sugars.

Using food as your medicine and making lifestyle choices like reducing stress and increasing exercise can do wonders for your health and your overall enjoyment of life. Be good to yourself by taking care of your body—you deserve it!

GOLF BENEFIT FOR QUEEN VALLEY FIRE DEPARTMENT

Join us for a fun day of golf and prizes on March 8th

The Queen Valley Fire Auxiliary is hosting its **35th annual and FINAL ROUND charity golf tournament on Saturday, March 8, 2025** at the Queen Valley Golf Course. The format will be a four person scramble open to all teams: men, women and mixed. Teams will be flighted by handicap. Entry fees are $50 each for members and $80 each for non-members (this includes cart fees). The entry fee includes morning coffee & rolls, green fees, specialty holes, mulligans, lunch, team prizes, door prizes and a swag bag. There will also be raffles and a silent auction at the luncheon.

Businesses or individuals can donate to the event by Sponsoring a Tee Box, a Green or Gallery Sign. These signs can be personalized with your name, pet's picture, name of your business, in memory of a loved one, for your children, grandchildren or a club. Price for a sign range from a $25 minimum contribution to $300.

Entry forms and Sponsor forms can be picked up at the Queen Valley Pro Shop or by calling Sally Salo at 520-463-2249.

All proceeds from the tournament benefit the Queen Valley Fire Department and are tax deductible. These Fire Fighters and EMTs not only serve the community but they also respond to accidents and emergencies on nearby highways and in the mountains and desert areas.

HAPPY St. Patrick's Day

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6939 S RED HILLS RD
Nestled in a gated community, this meticulous PARTIALLY FURNISHED home offers the perfect lock & leave location. This home has 3 beds, 2 baths, with 2 car garage, and tons of upgrades.
Priced at $425,000

10683 E SADDLE BLANKET TRL
Custom 3 bed, 2.5 bath in a gates community with apx. 2.666 sq.ft of living area & 3 car garage. Plantation shutters, gas fireplace, pebble-tech pool and spa, built-in BBQ, and rock waterfall. **Priced at $995,000**

4749 E EVERGREEN STREET
This North Mesa home has 3 beds and 2 baths, with a split floor plan and no HOA. New AC/Heat installed in 2023. The kitchen has a new sink, new R/O system, Epoxy countertops, and subway tile backsplash. Add to this a covered patio & covered gazebo for great outdoor entertaining. **All this for $429,000**

8600 E BROADWAY RD #9
2 bed, 2 bath manufacture home located in Mountain View Estates. Enjoy resort-style living with the use of a community pool, spa, community center, and pickleball court. The monthly fee includes lot rent, water, trash, and fire protection. **Priced at only $49,900**

8598 E SAGUARO BLOSSOM RD
A cozy and bright 3-bedroom, 2-bath Jasmine model home located in Mountainbrook Village. This home is mostly furnished and well-maintained. Features include a screened-in Arizona Room/Lanai, a new roof (2015), and a new A/C system (2010). **Priced at $429,000**

7701 E GOLDEN EAGLE CIR
This custom 3 bed 3.5 bath home boasts 2,997 sq.ft of living area and is located in Superstition Mountain Golf and Country Club. The spacious family room, featuring a fireplace, flows effortlessly into the kitchen, while a formal dining room. **Priced at $770,000**

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MOVE WELL IN LIFE -
MOBILITY, STABILITY, AND BALANCE

The ability to move well in all of your everyday activities is a crucial factor in achieving your Best Life. Mobility, stability, and balance are often overlooked aspects of health.

Mobility is defined as moving throughout a complete range of motion without being restricted by tight muscles, tendons, ligaments, cartilage, and joint health issues. Mobility includes all the skills needed for everyday living: strength, balance, coordination and range of motion.

Stability is a function of strength, flexibility, and balance, and allows the joint or multiple joints to coordinate as determined by the activity. Stability forms the sturdy foundation upon which we navigate life's physical challenges. Developing strong stabilizing muscles serves as a shield against falls and injuries and promotes balance.

Balance is the ability to distribute your weight in a way that lets you stand or move without falling. Maintaining balance involves the coordination of various body parts: the central nervous system, inner ear, eyes, muscles, bones, and joints. Balance can be categorized into static balance, which involves positional control, and dynamic balance, which involves control while moving. Functional balance refers to the ability to perform everyday activities.

Ageing, neurovascular problems, weak muscle strength, limited range of motion, and cognitive decline could adversely affect one's static, dynamic, and functional balance abilities as well as decreasing mobility and stability. However, if we regularly move, stretch, increase balance, and strengthen our muscles and joints, we will improve our mobility, stability, and balance.

IMPACT AND BENEFITS

Preventing Falls:

Maintaining good balance and stability is pivotal in preventing falls. Did you know that it is estimated that one in four adults in the United States over the age of 65 will fall this year. Strengthening the muscles that support our body's equilibrium is an initiative-taking measure to ensure that we can continue to move with confidence and independence.

Enhancing Activity Movement:

Hiking, golf, and pickleball all benefit from a strong foundation. Developing coordination and agility through stability exercises allows us to move gracefully. Having better balance and stability not only prevents injuries but also serves as a launchpad for reaching safer physical performance and enjoyment.

Everyday Activities:

Our daily activities demand a seamless integration of balance and stability. From walking and climbing stairs to carrying groceries, our bodies rely on a harmonious interplay of stabilizing muscles. Strengthening this foundation ensures that we can tackle life's ordinary challenges with grace and confidence.

Core Strength: The Key to Stability

At the core of stability lies the powerhouse of our body, the core muscles. Our core supports our spine, improving posture, and enhancing overall stability and ensures benefit to every movement we make.

Injury Prevention:

Strong stabilizing muscles serve as a shield against injuries. By incorporating exercises that enhance balance and stability, we fortify our bodies, making them more resilient to the twists and turns which reduces the risk of strains, sprains, and other musculoskeletal injuries.

Mind-Body Connection:

Balance encompasses more than just the physical domain; it also pertains to our mental and emotional health. Achieving stability in our bodies often translates to a sense of calm and centeredness in our minds. The mind-body connection fostered through balance exercises promotes holistic wellness, bringing harmony to both our physical and mental states.

Long-Term Wellness Investment:

Balance and stability are not fleeting pursuits; they are investments in our long-term health. As we prioritize these foundational elements, we future proof our wellness. The benefits extend beyond the immediate, shaping a trajectory of health and vitality that withstands the tests of time.

WHAT CAN YOU DO?

Mobility, stability, and balance exercises are commonly incorporated into fitness routines through organized classes such as yoga, Pilates, and strength/balance sessions. Exercises in these routines involve core strengthening and movements that challenge our balance systems, leading to improved spatial awareness and coordination. Incorporating these three fitness components into an exercise program or daily routine can be achieved with relative ease. Every day, for instance, you can occasionally stretch your legs, lower back, shoulders, and arm and neck muscles. And since mobility is movement, get up throughout the day and walk for 3-4 minutes. Adding balance practice to your day is one of the easiest ways to include stability training using basic movements like heel-to-toe walking, single-leg stands, and side leg raises that can help develop foundational balance skills.

On your journey of wellness, balance and stability will appear as a leading role, guiding you through life as you age. You can start to develop these foundational aspects by committing to integrating exercises that enhance mobility, stability, and balance. The benefits will enhance both your fitness and overall well-being. Strive for balance, find your stability, and walk confidently towards a healthier, more resilient you. The journey begins with a solid foundation—your foundation of wellness. Move Well – Everyday!

Welcome Spring!!

Spring is in the Air and Gold Canyon Garden Club's Butterfly Garden is in bloom. Stop in next to Dinosaur Park.

The Garden Club will host a Plant and Garage Sale during MountainBrook Village's Garage Sales, Saturday, March 22nd from 8:30-11:00 AM. We will be in the cul-de-sac off Whispering Mesquite and Jojoba Court in MountainBrook Village. We will have plants of the Southwest and plants adapted to the Southwest. In addition to many and various garage sale items we also have glass flower decorations made from plates of all sizes that look like flowers. The glass flowers were made by members and will brighten up any garden spot or flower pot arrangement.

We are watching the Butterfly Garden for Monarch butterflies, all butterflies and other pollinators. Birds like to check out the Butterfly Garden also. Gail Morris, M.A., is the Coordinator of the Southwest Monarch Study. She spoke to us in November and encouraged us to plant Milkweeds for Monarchs. The lower desert milkweeds in our Valley are Asclepias subulata, Asclepias angustifolia, Asclepias linaria and Asclepias erosa. The Milkweeds "first name' in Latin is Asclepias. Milkweed is the only host plant on which Monarch butterflies lay their eggs. You may find out about educational programs, creating Monarch habitats, and training and monitoring the Monarch migration at www.swmonarchs.org or info@swmonarchs.org.

Pease contact The Gold Canyon Garden Club on FaceBook or at goldcanyongardenclub@gmail.com. We meet the 2nd Tuesday of the month, September through May at 9:30 AM in the Mission Center of the Gold Canyon United Methodist Church, 8330 E. Sunrise Sky Drive, Gold Canyon.

2024-2025 CANYON Sounds PERFORMANCE SERIES

GOLDCANYONARTS.COM

DELIRIUM MUSICUM

Friday, March 28, 2025 at 7 pm
Venue: Gold Canyon United Methodist Church
6640 S Kings Ranch Road, Gold Canyon, AZ 85118

By popular demand, Delirium Musicum, the energetic and exciting 16 piece string orchestra from Los Angeles, returns to Gold Canyon. Led by mesmerizing violinist, Etienne Gara, this will be an impassioned and engaging musical performance. With their dazzling and creative interpretations of popular and classical compositions, they make sure that each concert is an immediate and visceral experience for their audiences.

From the San Francisco Classical Voice… *"they are ferocious and rhythmically mesmerizing"*

The Korea Times stated….."*A brilliance that will electrify your whole body"*

Ticket prices are $35 and may be purchased online at www.goldcanyonarts.org or at the following locations:

Robin Rotella Real Estate Team, 6641 S. Kings Ranch Rd, 85118 (Credit Card, Check, Cash)

AJ Chamber of Commerce, 567 W. Apache Trail, 85120 (Cash only)

The Gold Canyon Arts Council's non-profit mission is Arts Education for students, providing in school concerts, musical instruments and lessons, visual arts instruction, and school supplies.

Charles Cuffaro, GCAC Publicity
Email: charlescuffaro@gmail.com

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9546 E Anasazi Pl
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10196 E Legend Tr
4 BEDS • 2 BATHS • 1,945 SF
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10169 E Dinosaur Ridge Rd
3 BEDS • 2 BATHS • 1,805 SF
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8957 E Rainier Dr
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IS A SWIMMING POOL A GOOD INVESTMENT FOR YOUR HOME?

Imagine relaxing by your own pool on a warm day, drink in hand, and a book by your side while the kids enjoy their favorite pool floats. Adding a pool to your property can feel like the ultimate luxury, but does it enhance your home's value, or could it complicate resale?

If you're considering an in-ground pool, here's what you need to know about its potential impact on your property's worth.

DOES A POOL ADD VALUE TO YOUR HOME?

According to the National Association of REALTORS® Remodeling Impact Report: Outdoor Features for 2023, adding an in-ground pool offers an average 56% return on investment. However, it typically boosts a home's value by only about 7%, depending on several factors:

- Neighborhood Norms: In upscale communities where pools are standard, not having one may make your home less desirable.
- Climate: In warm regions like Arizona, pools are often essential, while in cooler climates, they're seen as a seasonal perk.
- Pool Condition: A well-maintained, visually appealing pool with additional features like landscaping or a patio can add significant value. Conversely, a neglected or outdated pool can detract from your property.
- Yard Space: A pool can limit other outdoor activities if it takes up too much of your yard, reducing appeal for buyers looking for open spaces.

HOW MUCH DOES A POOL COST?

The price of adding a pool depends on its size, materials, and extras like lighting or heating.

- Installation: Building a standard 18×36-foot in-ground pool costs $25,000 to $100,000, with high-end pools running even higher.
- Safety Features: Many areas require fences or covers, adding $5,000 to $15,000 to the budget.
- Monthly Maintenance: Cleaning, testing, and seasonal prep can cost $80 to $150 per month.
- Energy Use: Running a pool pump costs about $300 annually, while heating can add another $500 to $800 per year.

OTHER CONSIDERATIONS

- Insurance and Liability: Pools can increase homeowners insurance premiums. Check with your provider to ensure adequate liability coverage and compliance with safety requirements.
- Property Taxes: A pool may increase your property taxes without a matching rise in resale value.
- Resale Challenges: While some buyers see a pool as a must-have, others may view it as a safety risk or high-maintenance expense.

LIFESTYLE BENEFITS OF A POOL

For many homeowners, a pool offers more than monetary value—it enhances quality of life. According to the NAR Remodeling Impact Report, adding a pool gave homeowners a "joy score" of 10 out of 10. Over 90% of pool owners reported an increased sense of enjoyment and accomplishment after completing the project.

Adding a pool is a personal decision. If you have the budget, plan to stay long-term, and want a space for relaxation and family fun, a pool can be a worthwhile addition to your home.

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SUPERSTITION MOUNTAIN MUSEUM'S 2025 FREE LECTURE SERIES

Thursdays, Now through March 28 at 2:00 pm

The Superstition Mountain Museum's free lecture series "Legends and Lore of the Superstitions and More," is scheduled to begin on Thursday, January 9, 2025. The series brings together local scholars, personalities, historians, artists and authors to introduce attendees to the rich culture of our region.

Lectures are held Thursday afternoons at 2:00 p.m. in the Museum's outdoor amphitheater. The featured presenters and dates this year are:

MARCH 6 - RON MCCOY
CAMPFIRE TALES

Ron McCoy will share some of his favorite tales—heard around campfires in the ten states he lived—that are bound to become some of your favorites too. Ron has been riding and working with horses and cattle for more than sixty years. He has participated in many roundups both in Texas and Arizona and trail riding as well as writing are his favorite pastimes. Over the years, he has made is home in Illinois, Arkansas, Texas, Colorado, Kansas, Ohio, Indiana, Tennessee, Kentucky and Arizona. Ron served as Chairman of the Board at the Indiana Trail Riders Association for six years and built an overnight campground for horses in Indiana's Versailles State Park. In his retirement years, you can find him working at boarding stables and ranches. He has published three books: "Campfire Tales and other Adventures," "Murder at the Joshua Tree" and "Your Cowboy is Gone."

MARCH 13 - KURT CAVANO
FOUR PEAKS AMETHYST MINE

Many people do not realize that there is a working amethyst mine located in the Four Peaks region that can be seen from the museum. Mine owner Kurt Cavano will be sharing the history of this mine and his adventures in working it. Kurt is the owner of the Arizona Four Peaks Amethyst Mine. He has been a jewelry-making, stone-cutting rockhound for more than 50 years and has owned the mine for the last 28 years. When he is not digging for amethyst in the Four Peaks Mountains he has a day job in New York where he serves as Founder, Vice Chairman and Chief Strategy Officer of GT Nexus, Inc., a supply chain technology company with over 900 employees in 8 different countries around the world. Featured as one of World Trade Magazine's 50 most influential people, Kurt is a frequent speaker and writer on topics concerning international trade and global supply chain management. But what he likes to talk about most is the geology and history of the Four Peaks Amethyst Mine. He is clearly confused as to what world (mining/jewelry or software/international trade) he belongs in. He hopes to figure that out soon. For his presentation, he will also be bringing along rock samples and beautiful jewelry made with amethyst from his mine. For one day only, the jewelry will be sold at reduced prices (10% off).

MARCH 20 - JACK OLSON
SHADOW OF THE COUGAR

Photographer Jack Olson has stalked his local prey, "The Cougar's Shadow" for more than seven years now. The elusive shadow visits our region a couple of times a year during the two equinoxes in September and March. It is a natural phenomenon seen in the Superstition Mountains and resembles "a cougar chasing its prey down into the bottom of the canyon." Jack will discuss his photographic techniques, favorite vantage points and other factors (patience!) that come together to create his award-winning images. Jack will also share his tips on capturing the wildflowers that are beginning to bloom all around the region. Olson was always interested in photography, but he was not fond of working with film and processing. When digital cameras became available, he jumped in with both feet. He now goes on regular assignments for the Superstition Mountain Museum, the City of Apache Junction, the Arizona Courier News and the AJ Chamber of Commerce.

MARCH 27 - MARK REDMOND
I'M GLAD I DIDN'T LIVE IN THE OLD WEST

As a western author, Mark Redmond is often asked by his readers, "Do you wish you had lived in the old West?" His answer is always an emphatic "No!" While the post-Civil War West was undoubtedly an exciting place to live, it was also a dangerous place where many people had short lifespans. Hollywood has shown us the glamorous side of life in the old West. Now, let's take a look at the other side. Mark Redmond taught high school English for 28 years in South Bend, Indiana. He has published more than 25 short stories and articles, a six-book middle grade fiction series ("The Adventures of Arty Anderson"), a collection of short stories ("Five for the Trail"), three western novels for more mature readers ("Bounty Hunter Nate Landry: Major Issues," "Bounty Hunter Nate Landry: Family Fury," and "Bounty Hunter Nate Landry: Dust Devil"), and the first two books in another middle grade fiction series ("The Adventures of the Box M Gang"). A member of Western Writers of America, Western Fictioneers, The Society of Children's Book Writers and Illustrators, American Christian Fiction Writers, and the Single Action Shooting Society, Redmond has been studying the West through reading and travel for most of his life. Mark and Susie currently live in Arizona, where Mark has begun to write full time and is working on the fourth Nate Landry book.

To See the full list and all updates - Visit
www.superstitionmountainmuseum.org

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KEY DECISIONS FOR RETIRED COUPLES

Once you and your spouse retire, you'll have some decisions to make — decisions that could affect your quality of life in your retirement years. What are these choices?

Here a few of the most important ones:

• *How much should you withdraw from your retirement accounts?* By the time you retire, you may have contributed for decades to an IRA and a 401(k) or similar employer-sponsored retirement plan. But once you retire, you'll probably need to draw on these accounts to help pay your living expenses. Consequently, both of you will need to be sure that you don't withdraw so much each year that you risk running out of money later in your retirement. One common guideline is to aim for an annual withdrawal rate of 4%, but everyone's situation is different based on age, pre-retirement income, lifestyle, health, travel plans and other factors. (Once you turn 73, or 75 if you were born in 1960 or later, you will have to take certain amounts, based on your age and account balance, from your traditional IRA and traditional 401(k) each year.)

• *When should you take Social Security?* The answer to this question depends on many factors, such as your age and other sources of income. You can take Social Security as early as age 62, but your monthly payments will typically be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. And if you can afford to wait even longer, your payments will "max out" when you reach age 70. Your decision on when to take Social Security can affect your spouse — and vice versa. If the lower-earning spouse claims Social Security before their full retirement age — again, age 67 — their own retirement benefit and any potential spousal benefit will be reduced. (Spousal benefits are given to the lower-earning spouse if their full retirement benefit is less than half the other spouse's full retirement benefit.)

• *Should you downsize*? If you live in a big home and your children are grown, you may find it economical to downsize. Of course, this is also an emotional decision, but you may find that you can save money by moving into a smaller home.

• *Where should you live*? Some states are far more expensive to live in than others. You'll want to weigh your decision carefully, considering the cost of housing, food, income and real estate taxes, transportation and health care in whatever state you choose.

• *Have you finished your estate plans*? If not, now is the time. You'll want to work with your legal professional to create whatever documents are needed — a will, living trust, power of attorney — to help ensure your assets go where you want them to go, and that your financial and health care choices will be protected if you become physically or mentally incapacitated.

Of course, many of these same issues will apply if you are single, divorced or widowed. But if you are married, you and your spouse will want to discuss all your choices and then decide which steps to take. Once you've got your plans in place, you may well find that you can fully enjoy your retirement years.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. — Edward Jones, Member SIPC.

Paws 4 Life SPRING FLING EVENT

SUBMITTED BY: PAM BURKS

March 15, 2025 12:30PM-3:30PM

SPRING FLING EVENT : AT AVALON SCHOOL

1045 S San Marcos Dr., Apache Junction, AZ 85120.

Event Tickets Cost $12.00, Please bring donations of dog, cat, horse, or people food. There will be Food, Arts, and Crafts and Music by local artists as well as Raffles (many great prizes) and a 50/50 drawing!

*For more information, email paws4life2007@gmail.com or call Tuni 480-262-5479 or Barb 602-738-9959; Tickets can be paid by check by **3/13/25,** Make checks payable to: PAWS 4 LIFE | Mail to: Paws 4 Life, 5027 E Hidalgo St, Apache Junction AZ 85119 or call Barb for Card payments.*

What is "Paws for Life" and how can you help them serve?

This is special organization designed for Obedience Training, Service Dog Training, and Canine Good Citizen Testing, and are a Non-Profit Organization providing:

Obedience Training: Orientation classes are strongly recommended, before starting any of the classes. Obedience training in basic, intermediate, and advanced levels. In basic training, they will learn manners and foundation for basic commands. In intermediate they will learn their drills, rallies, weaving, greeting, shoulder passes, and much more.

Service Dog Training: Service Dogs complete extensive training, and are registered through a State-wide Service Dog Registry. They will complete an 18-month training program, with additional training with local, Fire, Police, Sheriff, and water/horse distraction training. Service dogs trained by "Paws for Life" maintain their skill in group training, as well as show off their exceptional abilities at local schools and events.

Canine Good Citizen (CGC) Testing: Is offered and they have their own certified evaluators to test the dogs each coming with years of experience. They teach dogs basic skills, in urban setting. It is designed to test dog's abilities to manage distractions, noise, and people.

Classes operate in (6) week cycles. Paws for Life recommends $5 per one hour class. Private lessons $10 per lesson www.paws4life.net

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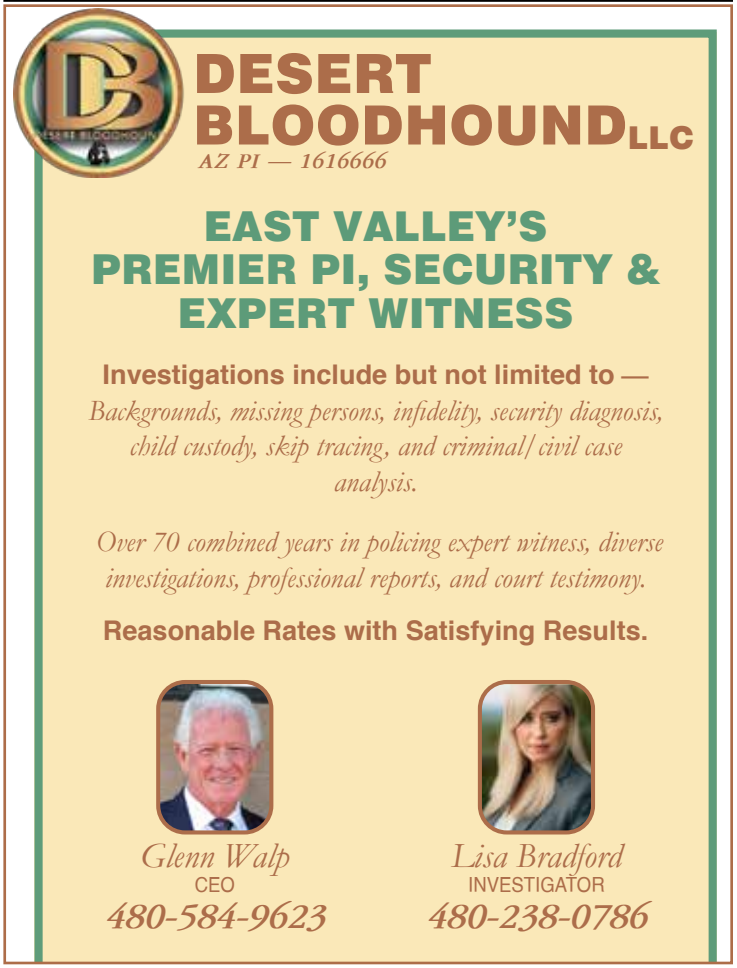
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IN THE KITCHEN
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GARLIC PARMESAN CHICKEN SKEWERS

INGREDIENTS:

- 1 1/2lbs Chicken tenderloins or chicken breasts, cubed
- 2 Tablespoons olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 1 Onion cut into 8ths
- 1 Red bell pepper – cut into squares

SAUCE:

- 4 Tbsp. salted butter
- 2 Tbsp minced garlic
- 1 tsp red chili flakes
- ¼ c grated Parmesan cheese
- 2 Tbsp chopped fresh parsley
- Wood Skewers – soak them in water for about 30 minutes before using.

Toss the cubed chicken with the olive oil, salt, black pepper, paprika, garlic powder, and onion powder. Let marinate for at least 30 minutes. Then slide on the onion, chicken and red bell peppers on the skewers and cook on the BBQ grill until chicken is done. While chicken is grilling make the sauce by melting the butter in small saucepan over medium heat. Add garlic and red chili flakes, cooking until fragrant. Remove from heat and stir in Parmesan cheese and fresh parsley. Brush the garlic Parmesan sauce over the cooked skewers before serving! ENJOY!

Any questions or comments please contact Marsha at Marsha.Dorris.Realtor@gmail.com

ROBIN ROTELLA REAL ESTATE TEAM CELEBRATES AWARDS

& 10 YEAR ANNIVERSARY IN GOLD CANYON

Keller Williams Integrity First Realty proudly recognizes The Robin Rotella Team as their #1 Team for 2024, closing $28 million in Sales. Designated Broker, Jim Kellander, says this powerhouse team also ranked as the #1 Team for the entire Keller Williams Southwest Region in December. Their dedication, market expertise, and commitment to successful client experiences continue to set them apart as leaders specializing in the unique Gold Canyon Real Estate market.

Robin started her Real Estate Career in Palatine, Illinois, and has been a top-producing agent for more than 25 years. She recently celebrated her personal, record high month, closing $5 million in sales in December. Known for her strong work ethic and high standards, her passion for real estate is reflected in every transaction.

After opening the Keller Williams Integrity First Gold Canyon Branch Office in 2013, she expanded by launching The Robin Rotella Team 10 years ago in 2014. Robin and her Sales Partner, Kerri Burke, are each ranked in the TOP 1% of over 50,000 Real Estate Agents in Arizona. Their commitment to deliver exceptional outcomes has earned them trust and respect in the industry.

Beyond the numbers, the team's success is rooted in the relationships they've built. Both Robin and Kerri are active members of the Gold Canyon Community, enjoying activities that include hiking, local live music and supporting local businesses, artists and organizations.

As 2025 begins, The Robin Rotella Team looks forward to continuing their mission of providing the high level of service their clients deserve and a pleasant, hassle-free experience while strengthening their connection to the Gold Canyon community.

Located at 6641 S Kings Ranch Rd, Suite 2, Gold Canyon, Facebook: Discover Gold Canyon-Robin Rotella Real Estate Team, Website: RobinRotellaTeam.com

TRESSA'S HOUSE OF MUSIC DINNER THEATER

PRESENTS

"THE DAVE WEBB SHOW"

6021 S. Kings Ranch Rd., Gold Canyon AZ 85118

BY: Pam Burks

Dave Webb, former band leader and lead vocalist for the Southwest-Surfers, (a Beach Boys Tribute Band,) is now back with his own "fresh new style of entertainment." The Dave Webb Show! Debuting at Tressa's House of Music, 6021 S. Kings Ranch RD., Gold Canyon AZ 85118, 480-213-0011, next show is 3/28/25, $65 per person.

Dave has introduced a brilliant new concept to his one-man-show, showing behind him, on the large screen that looks like an old time TV, is the original artist video playing in-sync with his vocals and accompaniment.

I was so pleased to attend the inaugural show. Adding to the magic of the evening was Tressa herself singing a few solos and duets with Dave Webb. They have been singing together for many years and they have amazing chemistry and true admiration for each other, when they sang the duet by Dolly Parton & Kenny Rogers, "Islands in the Stream" you could almost imagine they *were* Dolly Parton, and Kenny Rogers, truly magical!

How can you experience this fun and talent, along with a delicious Prime Rib Dinner, Wine, and dessert, by calling Tressa's House of Music today, 480-213-0011, for dates and times to attend the next "Dave Webb Show." and other entertainment Tressa has planned. Nothing is more fun than, being with friends, enjoying a delicious dinner and "Live Entertainment" all in one night, at "Tressa's House of Music."

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THE MAGIC OF MEXICAN ARTISTRY AT SUPERSTITION MOUNTAIN MUSEUM

March 14-16, 2025 | 9:00 am – 4:00 pm | 4087 E Apache Trail (SR 88), Apache Junction 85119

The Superstition Mountain Museum presents a celebration of fine art from Mexico at this free three-day event, **March 14-16, 2025 from 9 a.m. to 4 p.m.** The Museum grounds, patio, and barn will be filled with some of Mexico's finest artists. Meet potters, wood carvers and painters — many demonstrating their art and production techniques to visitors.

Artists include Mata Ortiz potters Tavo Silvera, Manuel Rodriguez, Laura Bugarini and Hector Gallegos, Jr as well as Oaxacan painter-woodcarvers Julia Fuentes and Reina Ramirez. Visitors will be delighted with live demonstrations of their craft and a sale of their work. They have traveled many miles to exhibit here and include internationally-recognized, award-winning artists. Their work is sought after by collectors all over the world.

This free event is family-friendly and educational, offering tremendous photographic and shopping opportunities. Parking is free for visitors.

A fund raising event is also planned for Saturday evening, March 8 from 4:30 - 7 p.m. Enjoy the majestic backdrop of the setting sun on the Superstition Mountain range by joining us for an evening of live music performed by The Encore Quartet, great food, and fun conversation. Tickets are $30 per person/$50 per couple and are available in the Gift Shop or online at www.superstitionmountainmuseum.org. Funds are designated for updates on our exhibits and signage in the museum and on our campus.

The museum is situated on a 12-acre site just beneath the west end of Superstition Mountain and is loaded with historical buildings and artifacts pertaining to the history of the Lost Dutchman Mine and of the area. It is run by the non-profit Superstition Mountain Historical Society and is open daily from 9 a.m. until 4 p.m. except Thanksgiving, Christmas and New Year's Day. For more information, go to www.superstitionmountainmuseum.org or call 480-983-4888.

Introducing The Magic of Mexican Artistry Guests

Octavio 'Tavo' Silvera • (Mata Ortiz)Tavo is among the best known potters in Mata Ortiz. His variety of repertoire and color schemes - from deep reds to white slip polychromes - has made him a true favorite among collectors.

Manuel Rodriguez • (Mata Ortiz) Manuel Manolo Rodriguez is among the most innovative of the Mata Ortiz second generation potters. He began potting when he was in his teens. He watched Juan Quezada but really learned from working with Juan Quezada Jr. Since then he has taught many other potters and has worked directly with some of the best of the first generation of Mata Ortiz potters. Early in his career, Manolo was making animal and human Paquimé figures. Then he moved to making medium-size ollas and decorating them with Escher-like patterns that also incorporate birds, fish and reptiles growing out of the complex geometric designs.

Laura Bugarini and Hector Gallegos, Jr • (Mata Ortiz) Master Potters Laura Bugarini Cota and Hector Gallegos Martinez are a husband and wife potters who learned their skills from their incredibly talented parents. Laura Bugarini's first inspirations were the ancient Paquime designs, and her initial pots were sold to the tourists who visited Mata Ortiz. Laura noticed that most of the potters were using similar designs, so she began experimenting with something totally different. After a year of practice she was able to create her own finely detailed band work design, a design that would come to be known as the Bugarini Style. Today Laura is one of the most sought after artists in Mata Ortiz, and her work is considered to be some of the finest in the village. Laura Bugarini has exhibited her art work at more than 50 international art shows. Hector Gallegos Jr.learned pottery from both of his parents in his later teenage years. Early on, Hector moved away from his parents' precise geometric style in favor of etched sgraffito work incorporating finely detailed animal designs. Hector has participated in numerous international art exhibitions.

Reina Ramirez • (Oaxaca) Reina Ramirez was married to Master Carver Mario Castellanos and she is the genius that developed the painting techniques that the couple became famous for. Reina hails from a traditional wood carving family and inspired much of their work. She is now carrying on her famous family's tradition, making a name for herself in the world of Oaxacan wood carvings. Reina's work is gorgeous and purely sculptural -- a level above the rest.

Julia Fuentes • (Oaxaca) Julia paints stunning animal figures on hand-carved copal wood in the style that Oaxaca has become famous for. Her work has gained international acclaim for the complexity of the carvings, and for a painting style that reigns at the top of her craft. Julia is the only Oaxacan wood carving artist that has been trained in painting by the prestigious Bellas Artes art school. Her work is collected by institutions and collectors all over the world.

PHOTOGRAPHY FROM AROUND THE AREA

We want to highlight **YOUR PHOTOS**! Email them to *editor@mansurdesign.com.* *LIMIT 2 PHOTOS PER PERSON.*

Dromedary Peak from Queen Valley by Ron Tolen

Coatimundi by Lori Pugh-Erdle

Quail in the Prickly Pear by Ron Tolen

Winter in Arizona by Tammy Keyes

King of the Hill by Maile Alday

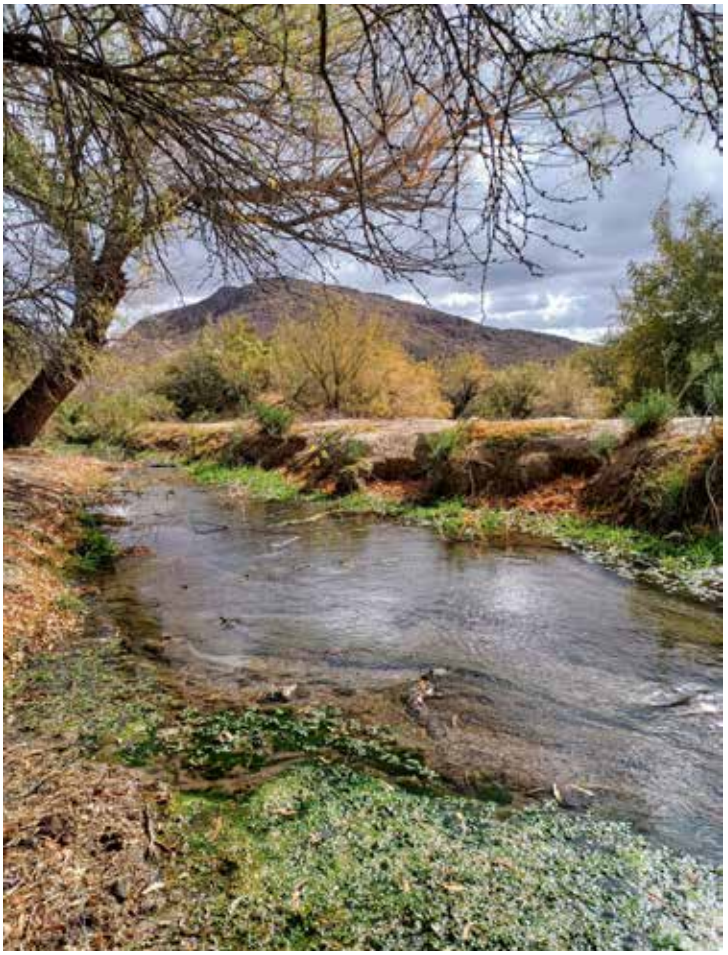
Road Runner by Lester Walker

Morning in Gold Canyon by Steve Norenberg

Waiting for the rain by Christine Sabo

Apache Junction BobCat by Jeanne Jones

Salt River horses by Linda Beller



Oasis in Queen Valley by Karin Hetsler

A perfect poppy By Denise March

Javelinas squadron by Cheryl Bazin

Photo by Lee Baroldy

Family Meeting by Debbie Armor

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6752 E LAS MANANITAS DR

Superstition Foothills

3B/2BA | 1,427 SQ FT | 2 CG

Resort backyard backing to a wash with GREAT views, Hot Tub, Built-in BBQ, & Fireplace! Inside is breathtaking with NEW guest shower, flooring T/O, and MORE!

9949 E LEGEND CT

Peralta Trails

2B/2BA + DEN | 1,696 SQ FT | 3 CG

Discovery Floorplan partially furnished backing to a wash. NEW interior & exterior paint, Granite counters, upgraded cabinets, tile floors, plantation shutters and more!

6230 S MESA VISA DR

Vista Point

3B/2.5BA | 1,771 SQ FT | 2 CG

Amazing Location on a hilltop lot with Jaw dropping Sunset, City Lights and Superstition Mountain views! Highly upgraded and completely furnished home just waiting for you!

7943 E ALOE CIR

MountainBrook Village

2B/2BA | 1,870 SQ FT | 2 CG

Furnished Westchester floor plan, private back yard, extended covered rear patio & AZ room with AC at the end of a Cul-De-Sac.Great location for privacy with only 1 neighbor & awesome views!

47970 N NAVIDAD CT

Entrada Del Oro

4B/3BA | 2,263 SQ FT | 3CG

Move in ready home completely remodeled and breathtaking! Open floorplan with oversized Kitchen and backing to miles of State Trust land for great VIEWS.

3660 S GOLDEN EYE LN

Superstition Foothills

3B+DEN/3.5BA | 3,352SQ FT | 3CG

Private Resort Backyard, Semi-Custom Toll Brothers San Mateo home, Large Kitchen, NEW Floor to Ceiling tile walk-in shower, Gorgeous home!

4361 S SLOW PONY CIR

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4B/4.5BA | 3,234 SQ FT | 4CG GARAGE

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Superstition Mtn & Sunset Views in Gated Mountain Whisper! Prepare to be impressed by extended pavered driveway , spacious private pavered gated front courtyard & arched wrought iron/glass front door. This single level custom home features 4 bedrooms, office/den, 2.5 baths & 3 car garage on a premium 23, 398 s.f. lot with no neighbors on south or west sides. Split floorplan provides privacy for family & friends. Eat-in kitchen offers solid wood cabinetry, slab granite counters & opens to large living room featuring gas fireplace. Lovely primary suite includes luxury bath w/ soaking tub and huge walk-in closet. Designer paint, plantation shutters, quality fans, lighting & sunscreens T/O. Over-sized easy care backyard boasts professionally installed putting green, covered and uncovered patios, pavers & spectacular Superstition Mtn views. 3 car garage sports epoxy flooring & cabinets. Pride of ownership + low maintenance landscaping = time to enjoy Gold Canyon's 5 golf courses, restaurants & world class hiking.

OFFERED AT $775,000

Superstition Foothills

This single level Superstition Foothills beauty has it all—including a detached Guest Casita. Premium privacy is provided by natural desert in front, natural wash behind and gated courtyard entrance. Private resort backyard features heated pool w/waterfall, built-in BBQ & Superstition Mountain views! Gorgeous eat-in gourmet kitchen boasts beautiful granite, huge island w/ oversized sink, custom backsplash, hickory cabinets & breakfast bar. Spacious primary suite sports extended granite double vanity, tiled walk-in shower, walk-in closet, soaking tub, custom mirrors, plantation shutters & private pool access. Guest bath offers granite vanity, tiled walk-in shower & custom mirror. Lovely living area features flexible seating options & coffered ceiling. Den includes quality built-ins, French doors & private courtyard access. 3 bedrooms plus den, 3 car garage, pool, views AND furniture included via separate contract for $1. HOA only $65/mo.

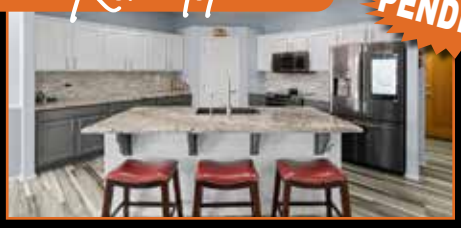
OFFERED AT $749,900

Superstition Foothills

Value in Superstition Foothills! This single level 4 bedroom, 3 bath home with 3 car garage features heated salt water pool, spa & desert backdrop. Premium cul-de-sac location offers premium privacy from gated front courtyard to entertainer's backyard sporting putting green, covered & uncovered seating areas, beautiful pool & spa w/stone accents backing natural desert. Split bedroom wings offer privacy & space for family & guests. Garage boasts A/C unit and insulated attic. Enjoy the miles of walking paths included in Superstition Foothills. HOA only $65/mo. Close to 5 Gold Canyon golf courses, restaurants, shopping & world class hiking in the Superstition Mountains. 35 minutes to Phx Sky Harbor.

OFFERED AT $714,900

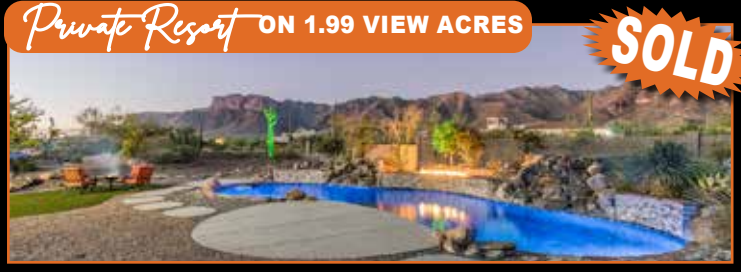
2019 Remodel



2019 remodel! This single level 3 bedroom 2 bath home boasts beautiful wood look plank flooring T/O. Open kitchen features slab granite counters, large island with farmhouse sink, custom backsplash, black stainless appliances & opens to great room. Spacious primary suite sports tiled walk-in shower, double vanity & walk in closet. Guest bath includes tiled tub surround & double solid surface vanity & platinum fixtures. Fully fenced backyard offers privacy, covered patio & stainless BBQ. 2020 water heater. Close to restaurants, shopping & world class hiking in the Superstition Mountains. No HOA.

OFFERED AT $414,900

Private Resort ON 1.99 VIEW ACRES



Spectacular Superstition Mountain views from gated custom single level home on 1.99 acres. Private oasis features 2019 pool and spa with wave machine/lazy river, baja shelf, water features & stunning stone treatments. This 3331 SF energy efficient solar powered home offers 4 bedrooms (one shown as office), 3 baths, 3+ car over-sized garage. Entire home is solar powered, including solar hot water heater. High tech water filtration system. Private well has 2,000 gallon under-ground storage tank. Huge yard is fully enclosed- half an acre unfenced is privacy buffer or available for new owner projects. No HOA, easy access for all vehicles & toys. 35 minutes to Phx Sky Harbor, close to 5 Gold Canyon golf courses, restaurants & world class hiking.

CLOSED AT $1,200,000

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